



Food Safety at the Farmers Market



This truncated article comes to us courtesy of Foodsafety.gov. This is a great site for food handling practices and more. You can view the complete version of today's article by [clicking here](#).

Shopping at a farmer's market is a great way to get locally-grown, fresh fruit, vegetables, and other foods for you and your family. As these markets have grown more popular, we've been getting questions about the safety of the foods purchased there. Many markets have their own food safety rules, and vendors must comply with them, as well as any applicable government regulations. But, there are also basic guidelines that you should follow to ensure that the farm-fresh food is safe.

Produce

- Before and after preparing fresh produce, wash your hands for 20 seconds with warm water and soap.
- Wash fruits and vegetables thoroughly under running water just before eating, cutting or cooking. We don't recommend washing fruits and vegetables with soap or detergent or using commercial produce washes.
- Even if you plan to peel the produce before eating, it is still important to wash it first. Any bacteria present on the outside of items like melons can be transferred to the inside when you cut or peel them.
- Be sure to refrigerate cut or peeled fruits and vegetables within two hours after preparation.

Sept. Schedule

Keith Tracy	1
Keith Tracy	8
Keith Tracy	15
Keith Tracy	22
Farm Day	29



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What's In Season?

As the better known summer crops begin to dwindle you might wonder what crops can be expected from South Carolina farms for the remainder of the market season. You are still in for a great selection of products both locally grown and in some cases purchased for the purposes of resale to allow you the selection you expect. (cont'd pg. 2)

[Beans](#), May - October
[Bok Choy](#), October - June
[Broccoli](#), October - December
[Brussels sprouts](#), Nov. - Feb.
[Cabbage](#), October - May
[Carrots](#), October - May
[Cauliflower](#), October - December
[Celery](#), October - February
[Lettuce](#), September - June

[Persimmons](#), Sept. - November
[Spinach](#), November - May
[Squash](#) (summer), May - October
[Squash](#) (winter), August-December
[Chard](#), October - May
[Collard greens](#), October - June
[Eggplant](#), June - October
[Garlic](#), May - October
[Onions](#), March - November

Market Flash

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What's in Season, continued from page 1

[Grapes](#), July - October

[Kale](#), October - May

[Leeks](#), October - May

[Mushrooms](#) (cultivated), year-round

[Okra](#), May - October

[Parsnips](#), October - December

[Sweet potatoes](#), August - February

[Tomatoes](#), June - October

[Turnips](#), October - April

[Zucchini](#), May - October

You can easily see that the fall season offers plenty of variety and selection for your culinary pleasures. The gardening tip of the week on page 3 discusses what plants can still be cultivated in the remaining growing season.

South Carolina is fortunate to have such a friendly climate that supports almost year round gardening. As the fall season comes into full swing we will begin to feature recipes that utilize these great autumn varieties.

Support Your Local Farmers Markets

While we hope to see you every Tuesday afternoon during the season there are other Farmers Markets in the area which need your support.

You will find many of our vendors at these fine markets as well.

Wednesday: [Blythewood Market](#)

Thursday: [Lake Carolina](#)

Saturday: [Kershaw Market](#)

Saturday: [Soda City Market](#)

August 25th Market Photos



The Sandhill Farmers Market... where fun, food, and community come together.

Gardening Tips

Dr. Timothy Davis, Richland County Extension Agent

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One of the great things about gardening in South Carolina is that we can garden year round. In fact,

Vegetable	Planting Date
Garlic	Sept. 15 - Nov. 15
Kale	Aug. 15 - Sept. 15
Lettuce	Aug. 15 - 25
Mustard	Aug. 15 - Oct. 1
Onion, Sets	Sept. 15 - Nov. 15
Onion, Seeds	Sept. 15 - Oct. 15
Radish	Sept. 1 - Oct. 25
Spinach	Sept. 15 - Oct. 20
Turnips	Aug. 1 - Oct. 1

while many people think that with the fall gardening season is coming to an end for some it is just beginning. Now is the time to begin planning and planting your fall and winter garden. It is the best time to plant garlic, onion sets, onion seeds, and a lot of the greens we grow such as kale, lettuce, mustard, turnips, and spinach.

Most of the people that shop for vegetables at farmer's markets are looking for quality local foods. The winter vegetables are all on the list of "super foods". They are very high in nutrition. They are also easy to grow and it doesn't get any more local than your own back yard.

Don't have a large area for gardening? These all grow well in containers as well. You might also think about planting some of these vegetables in your annual beds along with winter annuals such as pansies. They look great, add texture to a landscape and taste good. So get out there and start a garden.

Follow Dr. Davis on Facebook or Tumblr at: www.facebook.com/CountyAgentAlmanac, <http://urbanipm.tumblr.com/>



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Tailgating Time

Game Day Beverages

We tend to spend a great deal of time fretting over having just the right foods for our tailgate parties. Maybe it's time to put some of that focus on our beverage choices.

From our friends at [Southern Living](#) comes this selection of game day libations. LSU fans will delight in the Cajun Lemonade and I bet you too can find a favorite from this list.

[Click here to view the article and recipes.](#)

[Clemson Tigers Schedule](#)

[SC Gamecocks Schedule](#)

[SC State Bulldogs Schedule](#)

[Citadel Bulldogs Schedule](#)

[Furman Paladins Schedule](#)

[PC Blue Hose Schedule](#)



See how many of these ingredients you can find at the Sandhill Farmers Market!

Our Market Supporters: [AgSouth Farm Credit](#), [Columbia NE Kiwanis](#), [Spring Valley Rotary Club](#),

Listing of 2015 Farmers Market Vendors

The Sandhill Farmers Market is fortunate to have the participation of so many quality vendors. Their selections run the gamut from fresh produce, fruits, seafood, wood crafts, fabric crafts, baked good, plants, shrubbery, natural personal care products, prepared foods and more. Some vendors are with us for the entire 30 week season, some for half of the season and others on a week to week basis. Following you will find a listing of the hard working entrepreneurs waiting to greet you. All of those in ***bold italics*** have links built in. Please note that not all vendors are able to participate in every market.

Name
<i><u>Asya's Organic Farms</u></i>
Isom's Delights
<i><u>The Peanut Man</u></i>
<i><u>The Crescent Olive</u></i>
<i><u>Mercer House Estate Winery</u></i>
Junior Chefs
AAA Greenthumb
Martin Farms Produce
<i><u>Erbe</u></i>
Paparazzi Jewelry
<i><u>The Belgian Waffle Truck</u></i>
Bee My Honey
<i><u>Chill Out Pops</u></i>
Lexington Shades of Green
Penny's Quilts and Gifts
<i><u>Lane Specialty Gardens</u></i>
<i><u>Sunny Cedars Farm</u></i>
CSD Enterprises
The Veggie Patch
It's My Sister's Fault
<i><u>January Remington</u></i>

Name
<i><u>Southern Sky Yoga</u></i>
<i><u>Leesville Aquaponics</u></i>
<i><u>Trail Ridge Farm and Dairy</u></i>
Ms. Zessie's Specialties
<i><u>Jamerry Nails</u></i>
<i><u>Palmetto Polar Snow</u></i>
<i><u>Doswell Farm</u></i>
<i><u>Chi Design</u></i>
<i><u>Livingston Farms</u></i>
Ashley's
<i><u>Old McCaskill's Farm</u></i>
The Bird Man
<i><u>Nanna's Naturals</u></i>
Conyer's Farms of Kingstree
<i><u>Company of OHS</u></i>
<i><u>The Shrimp Guy</u></i>
<i><u>Boutique Poulet</u></i>
Bradham Farms
Judith's Hands
Lem's Farm Shop
Cakes and More by Angela



<i><u>Congaree Milling</u></i>	<i><u>McCurley Farms</u></i>
3G's	<i><u>Penny's Naturals</u></i>

Each week we talk with perspective vendors interested in participating at the Sandhill Farmers Market. If you would like to become a vendor please visit our [market page](#) and view the vendor information along with the vendor application found in the right hand navigation pane.

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